

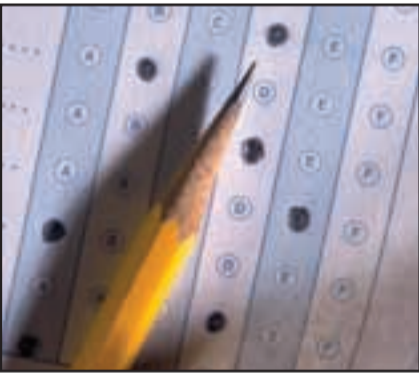
Hawaii Marine

MAG-24 ROTORS ROAR



Lance Cpl. Matthew Bragg | Marine Corps Base Hawaii

Marine Aircraft Group 24 conducts a max launch of 10 UH-1Y Huey and AH-1W Cobra helicopters and four CH-53E Super Stallions, assigned to Marine Light Attack Helicopter Squadron 367 and Marine Heavy Helicopter Squadron 463, respectively, from Marine Corps Air Station Kaneohe Bay, Thursday. The two units coordinated with each other to fly the aircraft to Kauai, Hawaii before returning to Oahu. "While HMLA-367 and HMH-463 are flying, (Marine Wing Support Detachment 24) and (Marine Aviation Logistics Squadron 24) will be on the ground to provide forward arming and refueling points," said Maj. Jeff Marantette, a future operations officer with MAG-24. "It gives the MAG a chance to work as a whole and show how we operate, because that doesn't happen very often." After refueling at Dillingham Airfield, the 14 helicopters completed their max launch with their final stop at MCAS Kaneohe Bay.



Courtesy photo

K-Bay supports college prep

Christine Cabalo
Hawaii Marine

Marine Corps Base Hawaii students at Kalaheo High School are among the newest Oahu students in the National Math and Science Initiative. The school joins four other Oahu high schools funding their college preparation classes under the NMSI program and a \$10 million national grant from the Department of Defense Education Activity. A ceremony announcing progress of the other schools and celebrating College Readiness Week was held at Kalaheo, Monday.

"These funds will help us with professional development for teachers," said Susan Hummel, principal at Kalaheo High School. "With these funds, we can continue on target for a solid class structure. We have Saturday seminar sessions where students have shared their progress. The students I've spoken with said they feel that have learned a lot from those sessions, and they've been able to mingle with other students."

The five Hawaii schools in the NMSI were chosen for the program because of their high concentration

See *PREP*, A-7

1/12 Marines complete Effects Management Tool Operator Course

Cpl. Nathan Knapke
Marine Corps Base Hawaii

Marines with 1st Battalion, 12th Marine Regiment polished their Effects Management Tool Operator Course skills at the Marine Air Ground Task Force Integrated Systems Training Center, HI, Tuesday.

The overall goal of the MISTC is to help all commands, not just infantry and artillery, to perfect command and control operations. Everything learned at the MISTC is tested in several encompassing exercises to have units

prepared for deployments or a large integrated training exercise like those which take place in Twentynine Palms, Calif. Units will have to refresh what they have learned from MISTC courses. An essential piece of the command and control puzzle is perfecting the use of the EMT system.

The EMT works in conjunction with the Advanced Field Artillery Tactical Data System to help provide the most accurate layout of a battlefield. First Battalion, 12th Marines used MISTC Hawaii's provided equipment to get hands-on experience with several parts

of the EMT.

"The system takes information gathered from the infantry and artillery to create a common operating picture," said Alonzo Howard, fires instructor for MISTC West. "Before the EMT, Marines would have to sit right next to each other and share their information. With the EMT, it's much easier and quicker to map out the battlefield. It allows everyone to see all the information being used for the given exercise."

After the basics are explained and

See EMT, A-7



Lance Cpl. Matthew Bragg | Marine Corps Base Hawaii

Marines train using a virtual battlefield at Marine Air Ground Task Force Integrated Systems Training Center, HI, Tuesday.



Diving in
Marine Corps Base Hawaii children learn springboard diving, **B-5**



Day in MAG-Life
MAG-24 spouses see what their service members do each day, **C-1**



NEWS BRIEFS

Base tax center closed for Presidents Day

The tax center will be closed Monday and Tuesday in observance of the Presidents Day holiday. The base tax center serves all Marine Corps Base Hawaii service members, retirees and reservists.

Hours of operation are from 8 a.m. to 4 p.m. Bring all W-2s (including spouse's), bank account and routing numbers, copy of last year's tax return, all other tax forms (1099s, etc.) and social security cards for all family members.

The tax center is located at building 455 on the first deck. Building 455 is across the street from the Family Housing Office and adjacent to the Kulia Youth Center. For more information, call 257-1564.

Young Marines Program to host open house

The Pyramid Rock Young Marines are hosting an open house on the bayside of Hangar 101, 1st Street, from 10 a.m. to 2 p.m., Saturday.

The Young Marines is a youth education and service program for boys and girls, age 8 through completion of high school. The Young Marines promotes the mental, moral and physical development of its members. The program focuses on character-building, leadership, and promotes a healthy, drug-free lifestyle.

The Young Marines is the focal point for the U.S. Marine Corps' youth drug demand reduction efforts. The Pyramid Rock Young Marines drill and meet on Kaneohe Bay. The program also needs adult staff volunteers who are at least 18 years old to apply.

For more information, call 443-975-6805/6807, or email PyramidRockYM@gmail.com.

DEERS to observe Presidents Day hours, closures

The DEERS ID Card center aboard MCB Hawaii will be closed Monday, and will run at reduced capacity Tuesday due to a manpower shortage - appointments will be seen as scheduled. Schedule your appointments using the online appointment system: rapids-appointments.dmdc.osd.mil/appointment/default.aspx. There will be no walk-in service, Tuesday. For more information, call the site security manager Gary Harvell at 257-2077.

MCB Hawaii to have scheduled power outage

There will be a base-wide power outage from 6 a.m. to 6 p.m., Feb. 22, so the Facilities Department can work on the high-voltage electrical system. All Marine Corps Base Hawaii buildings, facilities, activities and bachelor/family housing residents will be affected.

If you have special medical needs that require electric power, it is recommended you consult and discuss with your EFM coordinator or doctor, the recommended best practices to follow during the power outage.

Your doctor may, for example, advise you to stay at an air-conditioned facility located off-base (e.g., a friend's home, a shopping mall or movie theater) or go to a medical facility, depending on your circumstances. For details, call Freda Nakamoto at 257-0978.

Family Member Employment Assistance Program has new contact information

Effective immediately, if you need any assistance from the Family Member Employment Assistance Program, contact the Transition Readiness Program at 257-7790 or 257-7796. This includes appointments, résumé workshop, interview workshop, federal employment workshop, etc. You may also visit the office in building 219. For more information, call 257-7790.

Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



Hawaii Marine

www.mcbhawaii.marines.mil

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TOP SHOT



of the week

“Top Shot” is a weekly post featuring the best photo taken by Marines at the Public Affairs Office. We encourage our Marines to keep the viewfinder of their cameras at the ready both on and off duty.



Cpl. Sarah Dietz | Marine Corps Base Hawaii

Nola Rivaldi, 7, pops out of the water after practicing a dive during a springboard diving class Wednesday at the base pool. The class is available to children ages 7 to 13.

Name: Cpl. Sarah Dietz

Age: 23

Situation: Taking photos of a springboard diving class at the base pool.

Behind the photo: I was taking some photos around the pool when I noticed Nola Rivaldi dive off the spring diving board. The 7 year old came out of the water, wiped her eyes and looked right at me, that’s when I caught this moment. She and her classmates were practicing diving techniques at the springboard diving class. This photo wouldn’t have been the same if not for her stunning green eyes and her calm facial expression. She ran up to me after the class and asked me about the photos. She will be happy to know that her adorable face won this week’s Top Shot for the newspaper.



Wounded Warriors to host Marine Corps Trials

Victoria Long
Marine Corps Wounded Warrior Regiment

QUANTICO, Va. — The Marine Corps Wounded Warrior Regiment will host its fourth annual Marine Corps Trials aboard Marine Corps Base Camp Pendleton, Calif., March 4 through 12.

The Marine Corps Trials is an 8-sport Paralympic-style invitational involving more than 300 wounded, ill, or injured Marines and international competitors. Participants will be organized into four competing teams – two active duty teams from Wounded Warrior Battalion-East and Wounded Warrior Battalion-West, a Marine Veteran team, and an international team comprised of wounded warriors from Australia, Canada, Colombia, France, Georgia, Germany, the Netherlands, New Zealand and the United Kingdom.

Athletes will have the opportunity to compete in archery, shooting, swimming, track, field, cycling, sitting volleyball and wheelchair basketball. Each participant will compete in either two or three events. Athletes can also compete in the Warrior Pentathlon event that includes a 50-meter freestyle swim, 10-meter prone air-rifle competition, shot-put and cycling.

More than 50 world-class coaches will be on hand to train and coach the athletes throughout the event. From March 4 to 6, all athletes will receive training and coaching in their respective events with competitions beginning March 7.

“At the end of the event, athletes will have learned new skills, pushed their personal limits, and connected with others in different stages of the recovery process,” said Jenny Sullivan, Warrior Athlete Reconditioning Program director.

The purpose of the Marine Corps Trials is to provide an opportunity for all wounded, ill or injured Marines to further the rehabilitation of their minds, bodies, and spirits through competition and camaraderie. Sgt. Maj. Michael Mack, Wounded Warrior Regiment sergeant major, is excited to attend his first Marine Corps Trials.

“The thing I find most motivating about the Marine Corps Trials is that our Marines compete, our warriors give 100 percent and leave it all out on the field every time they get out there representing our Marine Corps,” said Mack. For some, the trials are a milestone in their personal goals.

For others, it is an opportunity to experience new activities

and connect with their fellow wounded warriors. For all of the participants, the trials are a chance to come together and focus on their abilities, not their disabilities.

Throughout the year, WAR-P offers clinics around the United States that allow Marines to learn new sports and connect with fellow wounded, ill or injured Marines spread across the country. Each of these clinics offers something for every athlete, regardless of whether they are new to a sport or a seasoned competitor.

Established in 2007, the Marine Corps Wounded Warrior Regiment was created to provide and enable assistance to combat and non-combat wounded, ill and injured Marines and sailors attached to or in direct support of Marine units and their family members. This was done in order to assist them as they return to duty or transition to civilian life.

The regimental headquarters, located in Quantico, Va., oversees the operations of the two wounded warrior battalions located at Camp Pendleton, Calif., and MCB Camp Lejeune, N.C., as well as multiple detachments located around the globe.

For more information, see <http://www.woundedwarriorregiment.org> or www.facebook.com/wwr.usmc.

TRICARE walk-in service to end

Ana Allen
Tripler Army Medical Center

Because of the rapidly increasing number of TRICARE beneficiaries who most often turn to a laptop or cellphone when they have questions, walk-in service at the Tripler Army Medical Center TRICARE Service Center will no longer be available as of April 1. Find out more at www.tricare.mil/TSC.

TAMC patients still have a wide variety of secure, electronic customer service options available through <http://www.tricare.mil>. The new “I want to...” feature puts everything beneficiaries want to do online right on the front page of the website.

When walk-in service ends April 1, beneficiaries who want personal assistance can call 877-988-9378 for enrollment and benefit help. All health care, pharmacy, dental and claims contact information is located at www.tricare.mil/contactus. Beneficiaries can get 24/7 TRICARE benefit information at www.tricare.mil, and make enrollment and primary care manager changes, and more online at www.tricare.mil/enrollment.

Rather than driving to an installation TSC, TRICARE beneficiaries can even combine high-tech with low-tech by downloading health care forms online and sending them in the

old fashion way, through the U.S. Postal Service – at a cost of less than \$.50.

Walk-in customer service is also the most expensive possible customer service option. By eliminating walk-in customer service at TSCs, the Department of Defense estimates savings of approximately \$250 million over five years. The change does not affect TRICARE benefits or health care delivery.



AROUND THE CORPS



Lance Cpl. Kathryn White (left), a motor transport operator with Combat Logistics Battalion 6, 2nd Marine Logistics Group, and retired Gunnery Sgt. Jim Glegola, an instructor with Navy & Marine Corps Small Tactical Unmanned Aircraft Systems, perform functions checks on a Raven unmanned aerial vehicle aboard Marine Corps Base Camp Lejeune, N.C., Feb. 4.

2nd MLG trains with Raven system

Lance Cpl. Shawn Valosin
2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Approximately 12 Marines from 2nd Marine Logistics Group split into four sections comprised of two-man teams to train with the Raven RQ-11B at Marine Corps Base Camp Lejeune, Feb. 4.

The Raven system is the most updated model of lightweight unmanned aerial vehicles used for reconnaissance missions overseas. The training included classroom lessons as well as practical application in the field to prepare the Marines for use in a deployed environment. Ravens have front and side cam-

eras, giving operators multiple viewpoints. They also have an infrared lens for nighttime operations. They can operate more than six miles away from the Ground Control System for a 60 to 90 minute period. “By using the Raven we can recon a route before our (logistics) convoys pass through, so we don’t get hit,” said Cpl. Tyler Sanchez, a radio operator with Combat Logistics Regiment 2, 2nd Marine Logistics Group. A vehicle operator manually guides the aircraft through the sky, while a mission operator monitors the route and makes changes as necessary. Ravens weigh approximately four pounds with the front-end camera attached, and have removable

wings, making the systems extremely portable. The aircraft are launched by hand. They can be used in a variety of locations, and their rugged design and adaptability make them a valuable asset for military operations. “The Raven system is the base system to learn on,” said Daniel Owens, an instructor with Navy & Marine Corps Small Tactical Unmanned Aircraft Systems. “Once you’ve become proficient with this system the other UAV systems are easier to learn.” Courses for the Raven are held every two weeks and are available to Marines from myriad military occupational specialties to train on them.

3rd Maintenance Bn trains at Kin Blue



Brig. Gen. Niel E. Nelson uses a cutting torch during his visit Jan. 29 to the Kin Blue Training Area during Maintenance Training Exercise 14-1.

Lance Cpl. Peter Sanders
Marine Corps Installations Pacific

KIN BLUE, Okinawa — Members of 3rd Maintenance Battalion participated in Maintenance Exercise 14-1, from Jan. 27 through Feb. 1 at the Kin Blue Training Area near Camp Hansen. During the exercise, the Marines conducted recovery operations, rear-area security and base defense operations, and various maintenance tasks in preparation for future missions. The exercise aimed to give the Marines an opportunity to polish their skills in a field environment to better support future missions, according to Cpl. Lucas J. Morales, the mechanical section head for 3rd Maintenance Bn., Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. “We go out there to support other units, which means if we’re going to maximize the upcoming (missions), we need to have our primary jobs down,” Morales said. On paper, maintenance battalions do not typically perform many of the logistics-related tasks covered in the exercise, according to Maj. Keith G. Nunn, the 3rd Maintenance Bn. commanding officer. Due to the volume of exercises in the area, 3rd Maintenance Bn. is part of a rotation with logistics units (including Supply Battalion, 9th Engineer Support Battalion and Combat Logistics Regiment 3, all with 3rd MLG) to help make the exercise requirements

more manageable. “Typically, our job as a maintenance battalion is to recover damaged assets,” Nunn said. “During deployments, those assets are most likely damaged due to events such as an (improvised explosive device). We’ll bring those assets to the smaller units by disassembling them for repair and reissue, if possible.” One reason logistics Marines must stay effective and efficient at their jobs is to ensure every Marine stays as safe as possible, according to Morales. Because they are out in the field they have to take additional safety precautions. The battalion will serve in a logistics capacity in upcoming exercises which will require the Marines to perform several tasks that are different than their usual roles including organizing maintenance workers, transporting them appropriately, addressing first aid and sanitary needs, according to Morales. Job proficiency is also a fundamental aspect of maintaining team organization, according to Nunn. “I believe in skills, will and teamwork,” Nunn said. “If we have the skills to complete our Marine Corps tasks according to our training and readiness standards, then we’ll have the confidence, or will, to continue to do it better. That will help build confidence as a team, increasing unit cohesion and effectiveness.” The field exercise has helped more than just the Marine units involved; the medical staff has reaped benefits as well. “This (operation) has been a great opportunity for me,” said Petty Officer 1st Class Alex Acosta, an independent corpsman with 3rd Medical Bn., 3rd MLG, III MEF. “This has been a great leadership opportunity. I’m running my own battalion aid station, and my own corpsmen. I love the personal growth (this training has provided).” After all the training was completed, the Marines left the exercise more confident in their abilities, signifying mission success, according to Nunn. “I think everybody here did great,” Nunn said. “We accomplished every objective. We gave them missions, and tried to surprise them with realistic scenarios. (The exercise) gave them the opportunity to perform their own command and control — do their own planning. I’m very proud of each and every Marine out here.”



Lance Cpl. Carlos Vassallo, field radio operator, 15th Marine Expeditionary Unit, conducts radio checks with soldiers from the Japan Ground Self-Defense Force during Exercise Iron Fist 2014 aboard Marine Corps Base Camp Pendleton, Calif., Feb. 4.

US Marines, JGSDF soldiers discover new communication method

Lance Cpl. Anna K. Albrecht
15th Marine Expeditionary Unit

MARINE CORPS BASE CAMP PENDLETON, Calif. — U.S. Marines with the 15th Marine Expeditionary Unit discovered a new way to speak through encrypted communications with soldiers from the Japan Ground Self-Defense Force during Exercise Iron Fist 2014 aboard Marine Corps Base Camp Pendleton, Calif. Iron Fist 2014 is an amphibious exercise that brings together Marines and sailors from the 15th MEU, other I Marine Expeditionary Force units, and soldiers from the JGSDF, to promote military interoperability and hone individual and small-unit skills through challenging, complex and realistic training. Sgt. Chris Golden, radio chief, 15th MEU, said that during previous exercises, Marines and soldiers from the JGSDF were not able to speak to each other through encrypted radio networks. This year, soldiers from the JGSDF brought an Interoperability and Collaboration System for exercise Iron Fist. The system allows Americans to talk on U.S. encryption to a Japanese soldier using Japanese encryption without security spillage, said U.S. Marine Capt. Michael Ginn, assistant communications officer, 15th MEU.

Previously, the two countries could not speak encrypted using their own hardware. Ginn explained that both ends would have American radio operators and American equipment. One American operator would be embedded with the Japanese. “What (the Interoperability and Collaboration System) does is it takes away that distant end American radio and you can replace it with a Japanese one,” said Ginn. “The system alleviates the need to have either both American radios on both ends with radio operators, or foreign nation radios with foreign nation operators on both ends.” This is the first time they’ve been able to speak to each other secretly on their own organic radio systems. Golden said their technicians fabricated a cable that connects their radio to the Interoperability and Collaboration System. From there, they adjusted certain settings on the radios to program the system and make it possible to exchange information with the Japanese radios. Now, no one on their frequency can hear them unless they connect to the Interoperability and Collaboration System. Marines with the 15th MEU and soldiers with the JGSDF successfully tested talking to each other using different frequencies, such as very-high frequency to ultra-high frequency and high frequency to very-high frequency. The most surprising connection they were able to make was connecting VHF to satellite communication, which requires the radio to connect to a satellite. Golden said that was the first time he had ever heard of connecting the two. “It’s a pretty big deal because we are able to communicate with our allied, or our partner nations, without having to rely on providing the hardware or personnel in support of it,” Ginn said. Later in the exercise, Ginn said the Japanese will assault a beach located north of the beach Marines will be assaulting. They will be able to communicate from the different beaches using their own equipment, so there won’t need to be any American radio operators with the Japanese, or any Japanese radio operators with the Americans.



Participants in the Swamp Romp trudge through the mud of Nuupia Ponds during the 3.5-mile run, Saturday. The run has been held annually for 20 years and was open to the public.

Photos by Cpl. Sarah Dietz | Marine Corps Base Hawaii

SEMPER FIT HOSTS 20TH ANNUAL FUN RUN



A runner crosses a balance beam over a 3-foot deep puddle of mud during the Swamp Romp, Saturday. The event was hosted by Semper Fit and involved hundreds of participants.

Cpl. Sarah Dietz
Marine Corps Base Hawaii

Hundreds showed up to trudge through mud for the 20th annual Swamp Romp aboard Marine Corps Base Hawaii Saturday. The event consisted of a 3.5-mile run traversing various obstacles, taking them through Nuupia Ponds to Fort Hase Beach.

Spirits were high as participants began arriving at 6 a.m., undeterred by the pouring rain that greeted them so early in the morning. Participants registered as teams and individuals to traverse through mud-covered terrain.

Runners were dressed ready to get muddy, from typical hiking gear to themed outfits like superheroes, aloha shirts and even minion-inspired attire from the film “Despicable Me.”

“The rain makes it fun,” said Megan Early, Semper Fit athletic director for the installation. “People weren’t as timid to get dirty because they were already wet. It’s a true Swamp Romp, the muddiest we’ve ever had.”

The terrain varied throughout the course. Some portions were thick mud, some were massive mud puddles and others were thick, soupy black mud that clung to runners daring to navigate through the obstacles. Later in the course, the terrain changed again over Fort Hase Beach, while participants looked into muddy sugar cookies when crawling through the sand.

Runners needed to conquer obstacles like monkey bars over large mud puddles, cross a rope bridge in Nuupia Ponds, jump tires and climb an A-frame ladder.

“This is my first year running it,” said Swamp Romp participant David Cox, a Marine Corps Air Station Kaneohe Bay Marine. “Next year I’m going to make a team and run with someone. It was a lot of fun.”

The event was held for base personnel and its surrounding community as an opportunity to involve everyone in a day of enjoyment as a means to build camaraderie and create competition.

“It’s a really

good community building and team event,” Early said. “It’s kind of a way to welcome the community on base to have fun with us. I’ve gotten good feedback.”

Cox said he was surprised to see how well total strangers worked together to overcome obstacles along the course.

“Everyone was really awesome,” Cox said. “I fell a couple of times and some random people helped me up. This is more of a fun run more than anything.”

The event was a collaboration of support from Semper Fit, Marine Corps Community Services, Base Safety, Environmental Compliance and Protection Department, Provost Marshal’s Office and Combat Logistics Battalion 3. Marines from CLB-3 built obstacles and churned up mud for the event.

The next run in the Commanding Officer’s Fitness Series is the Surf & Turf 5K Run, scheduled for March 29. For more information, contact Early at 254-7590.



A runner splattered in mud looks back at the swamp she just trekked through during the Swamp Romp run, Saturday, in Nuupia Ponds. The run began at Boondocker training area, went through Nuupia Ponds and around Fort Hase Beach.



A runner in the Swamp Romp event, crawls through an obstacle at Fort Hase Beach aboard Marine Corps Base Hawaii, Saturday. The event was 3.5 miles long with various obstacles along the way.



Participants in the Swamp Romp slide down an obstacle in the Nuupia Ponds aboard Marine Corps Base Hawaii, Saturday.



Photos by Lance Cpl. Aaron S. Patterson | Combat Camera

Marine Aircraft Group 24 Marines present the colors during the MAG-24 relief and appointment ceremony at Hangar 103 aboard Marine Corps Air Station Kaneohe Bay, Feb. 7. The ceremony was held to celebrate passing over the sword of office to, and welcoming, Sgt. Maj. Steven Collier as the new MAG-24 sergeant major.

Halcovich passes NCO sword to Collier

Cpl. Nathan Knapke
Marine Corps Base Hawaii

Sgt. Maj. Ronald Halcovich relinquished his post as Marine Aircraft Group 24 sergeant major to Sgt. Maj. Steven E. Collier during a relief and appointment ceremony at Hangar 103, Feb. 7.

Halcovich, who served as the MAG-24 sergeant major since August 2012, will become the station sergeant major of Marine Corps Air Station Miramar, Calif.

Halcovich's 28-year Marine Corps career includes being a senior drill instructor, and series gunnery sergeant with Alpha Company,

1st Battalion, Recruit Training Regiment, Marine Corps Recruit Depot, San Diego, Calif.

Collier was the battalion sergeant major for 2nd Battalion, 3rd Marine Regiment and Headquarters Battalion aboard Marine Corps Base Hawaii before his current transition to sergeant major of MAG-24.

His more than 20-year military career includes serving as a security guard for the secretary of defense and deputy secretary and Officer Training Command company commander for the Basic Course at the Naval Chaplain School.

Collier took time to address those under his command and the invited guests about his goals and plans for the future of the unit.



Sgt. Maj. Steven E. Collier, incoming Marine Aircraft Group 24 sergeant major, speaks to guests and service members at Hangar 103.



Sgt. Maj. Ronald Halcovich (left), outgoing Marine Aircraft Group 24 sergeant major, holds the ceremonial noncommissioned officer sword prior to passing it off to Sgt. Maj. Steven E. Collier at Hangar 103, Feb. 7.

PREP, from A-1

of students whose parents are serving in the military. Although the initiative is primarily intended to help children of those serving in the military for math and science, students with no military ties can also enroll in the bolstered AP classes.

“(The ceremony) is so important for increasing awareness for families about the variety of advanced placement classes available for their children,” said Amy Solomon, a school liaison officer at MCB Hawaii.

During the formal ceremony, Governor Neil Abercrombie presented Hummel a check for \$112,126 from DODEA funds to support Kalaheo’s AP classes under NMSI. Currently the school has several AP course offerings but just four classes in math or science.

Several senior military leaders were at the event to show their support, including Lt. Col. Robert Maldonado, the commanding officer of Headquarters Battalion. He said he appreciates how the program offers financial encouragement for students who do well on their AP tests.

“Any time we can help provide good incentives and rewards is a benefit,” he said. “This program can especially help (military) children to succeed.”

Maldonado recalled his high school years and how taking three advanced placement classes in science subjects helped prepare him for his future. He said he felt it was extremely important to attend the event in support of Kalaheo High School students whose parents serve at MCB Hawaii and to promote AP classes for higher learning.

“The rigors of the classes are so crucial to go through,” he said. “Scoring high is important, but it’s even more important for the students to understand the concepts in the class.”

Officials at MCB Hawaii have also supported taking AP classes out of the classroom by encouraging hands



Christine Cabalo | Hawaii Marine

Gov. Neil Abercrombie (second to left) holds up a check for \$112,126 with Susan Hummel, principal for Kalaheo High School, which will support advanced placement classes at the school, Monday. The Windward school joins four other Oahu schools supported by the National Math and Science Initiative, focused on encouraging students to take and excel at AP courses in math and science.

on learning. In November 2012, the base hosted 48 students from Kalaheo’s AP Environmental Science class to learn about careers in conservation science and MCB Hawaii’s efforts to use renewable energy.

Both Abercrombie and Hawaii State Rep. K. Mark Takai said Kalaheo’s joining the four high schools already in the NMSI program is a positive step. Abercrombie said Kalaheo especially has a mix of students with diverse backgrounds, and it was important to include the school in promoting college education.

“The State of Hawaii and the Department of

Education are completely committed to the young and their education,” he said. “Whether they join the service or take civilian positions, we want to encourage their growth.”

Abercrombie said he recognizes today’s students face many challenges in attaining higher education, but that both military and civilian government officials across the state are one in supporting students achieve their goals.

“We feel this is a great opportunity,” the governor said. “We’re very appreciative of the military support. When we tap into this support, all students benefit.”



Lance Cpl. Matthew Bragg | Marine Corps Base Hawaii

Marines train at the Marine Air Ground Task Force Integrated Systems Training Center, Hawaii, to become proficient with the Effects Management Tool, Tuesday.

EMT, from A-1

taught to the Marines, a virtual exercise is created to test what the Marine have learned. Marines split up into groups to serve different purposes throughout the virtual exercise.

A team would act as the enemy, headquarters unit and those out in the field. Marines would rotate to each station to test their abilities in all facets of the EMT software.

Those back at headquarters would collect all the data from those in the field and present the information to the commanders to help make the next best decision for the mission. The virtual enemy is there to make it challenging and force Marines to learn all parts of the EMT.

The EMT is software, but there is also equipment that Marines have to become familiar with to have the EMT system running correctly. Sensors on equipment have to be used in such a way that the information being analyzed back at headquarters isn’t misused resulting in poor decisions.

“The EMT is just one course (these) Marines have to learn before they can deploy anywhere,” said Gunnery Sgt. William Kaczkowski, MISTC Hawaii operations chief. “The MISTC is available for all units to use and benefit from.”

All units can take courses at MISTC. Kaczkowski can help anyone who wants to learn more about how MISTC operation. He can be reached at 257-8532 and emailed at william.kaczkowski@usmc.mil.

1/3 WELCOMES NEW SERGEANT MAJOR



Photos by Lance Cpl. Matthew Bragg | Marine Corps Base Hawaii



ABOVE: From left to right: Sgt. Maj. Dennis J. Collins Jr., outgoing sergeant major for 1st Battalion, 3rd Marine Regiment, Sgt. Maj. Matthew J. Fouss, incoming sergeant major for the battalion and Lt. Col. Christopher L. Medlin, commanding officer of 1st Bn., 3rd Marines, salute Alpha Company Marines as they pass in review during a post and relief ceremony at Dewey Square, Feb. 6.

LEFT: Sgt. Maj. Dennis J. Collins Jr., (center), outgoing sergeant major for 1st Battalion, 3rd Marine Regiment, hands the noncommissioned officer sword to Lt. Col. Christopher L. Medlin, commanding officer of 1st Bn., 3rd Marines, during a post and relief ceremony at Dewey Square aboard Marine Corps Base Hawaii, Feb. 6.

PMO contact

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)

Check in/out, fingerprinting or weapon registration:
257-6994 (building 1095)

Pet registration, fishing regulations or lost/found animals, contact the PMO game warden:
257-1821 (building 3099)

Vehicle decals, base passes and vehicle registration:
257-2047/0183 (building 1637/1095)
477-8734/8735 (building 601 for Camp H.M. Smith)

Traffic regulations, citations or traffic court, contact the Traffic Court bailiff:
257-6991/6992 (building 1095)

For all other numbers not listed, contact base information: **449-7110**

For more information, visit the PMO website:
<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

In an emergency, call 911



PMO Corner

PMO corner is a recurring series provided by the Provost Marshal's Office, providing crime prevention and safety information to Marine Corps Base Hawaii.

Suspicious Activity

Military police and civilian officers do their best to enforce the base orders, Marine Corps orders, and state law aboard Marine Corps Base Hawaii.

The MCB Hawaii community can help the Provost Marshal's Office in its mission, to protect and serve, by reporting all suspicious activity immediately. Those calling PMO to report suspicious activity or a known violation can remain anonymous; no personal information is required from the caller. When reporting suspicious activity, provide PMO with the

location, a description of person(s) involved, and the suspicious activity witnessed.

To report suspicious activity, call the PMO desk sergeant at 257-2123. Report traffic violations by way of a third party citation.

To fill out the citation online, visit the Provost Marshal's information page at <http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>.

For more information on the third party citation system or other traffic-related matters, call the traffic bailiff at 257-6991.

Lost and Found

Lost and Found is located at the Provost Marshal's Office in the Physical Security section of building 1095. If you are attempting to claim property, please provide any proof of ownership you may have available. A person claiming ownership of any item(s) will be required to provide a detailed description of the article prior to release. This month's current items are: work badges, men's wallets and U.S. passports. Call Sgt. Steven Mitre at 257-8557, for more information.

Sports & Health

Cancer Prevention

Lance Cpl. Janelle Y. Villa
Marine Corps Base Hawaii

A cell becomes cancerous when it becomes abnormal, according to <http://www.nia.nih.gov>. These abnormal cells will then make more cells eventually forming a mass of tissue called a tumor. If the tumor grows in size it can damage tissue and organs nearby. Most cancers begin in one part of the body but sometimes cells will break off and spread to other parts of the body.

Cancer can affect anyone of any age, cancer development chances increase with age.

More than 200 different types of cancer can develop in more than 60 organs in the body. With 78 organs in one's body, this means more than 75 percent of a person's body is susceptible to cancer.

There are many preventative measures one can take to lower their risk of developing cancer.

Tobacco is the cause of one third of cancer deaths in America, according to <http://www.nia.nih.gov>. Using smokeless tobacco and passive smoking, or breathing tobacco smoke, are just as dangerous as using smoking tobacco. Tobacco is the biggest cause of lung cancer and by not smoking a person can almost eliminate their chance at lung cancer, according to <http://www.cancer.org>.

"Extreme alcohol use and tobacco use don't just increase the risk of lung cancer," said Army Lt. Col. Mark Carmichael, chief of Medical Oncology at Tripler Army Medical Center. "Using both together increases head and neck cancers, stomach and esophagus cancers and tongue and mouth cancers."

Ultraviolet radiation is another cancer causing factor. The sun, as well as sunlamps and tanning booths each contain skin damaging ultraviolet radiation. The best way to avoid harsh radiation is to stay out of the sun between 10 a.m. and 4 p.m., wearing sunscreen (doesn't completely protect from radiation) and avoiding tanning beds and lamps. The most common cancer cause by ultraviolet radiation is basal and squamous cell skin cancer.

"Obesity raises a persons chances of getting breast cancer," Carmichael said. "Exercise and diet can help reduce the risk."

Cancer can develop from a variety of factors. Limiting fatty foods, eating fiber and eating five servings of fruit and vegetables a day can help lower a persons chances of developing multiple types of cancer, according to <http://www.nia.nih.gov>. Being overweight raises a person's chance at developing prostate, pancreas, uterus, colon and ovary cancer and raises a postmenopausal woman's risk at developing breast cancer.

"Some cancers can be prevented by limited alcohol and tobacco use and limiting sun exposure and maintaining a healthy weight," Carmichael said.

These tips can help lower a person's risk at developing cancer but they don't prevent it 100 percent. Some cancers can be hereditary. Everyone should be aware of changes in their bodies and receive routine checks.

There are many different tests and exams that doctors can do to check for multiple types of cancer.

Clinical breast exams and mammograms are both used to detect breast cancer in both men and women.

Women are tested for cervical and other women related cancers through pap tests and pelvic exams.

A few tests and exams available for detection of cancers are mammograms, pap test, colonoscopy, oral exams, prostate specific antigen test and skin exams. Each test and exam is used to determine different types of cancers in different parts of the body. Some of the exams are specifically for men and some for women.

If the test does detect a growth or abnormal change, the doctor will usually request more tests and a biopsy to clarify if the growth is cancerous.

There are many different methods for treating cancer, depending on the type and severity of the cancer. Treatments used are surgery, radiation therapy, chemotherapy and biological therapy. Sometimes doctors will suggest using two or more treatments at a time.

The best way to prevent cancer is to take care of oneself. Going to the doctors and asking questions to help stay informed and aware of risks. Limit tobacco and alcohol use, maintain a healthy weight and body mass index and limit sun exposure.

There are more than **200** different types of cancer

more than **60** organs in the body can develop cancer



Courtesy photo

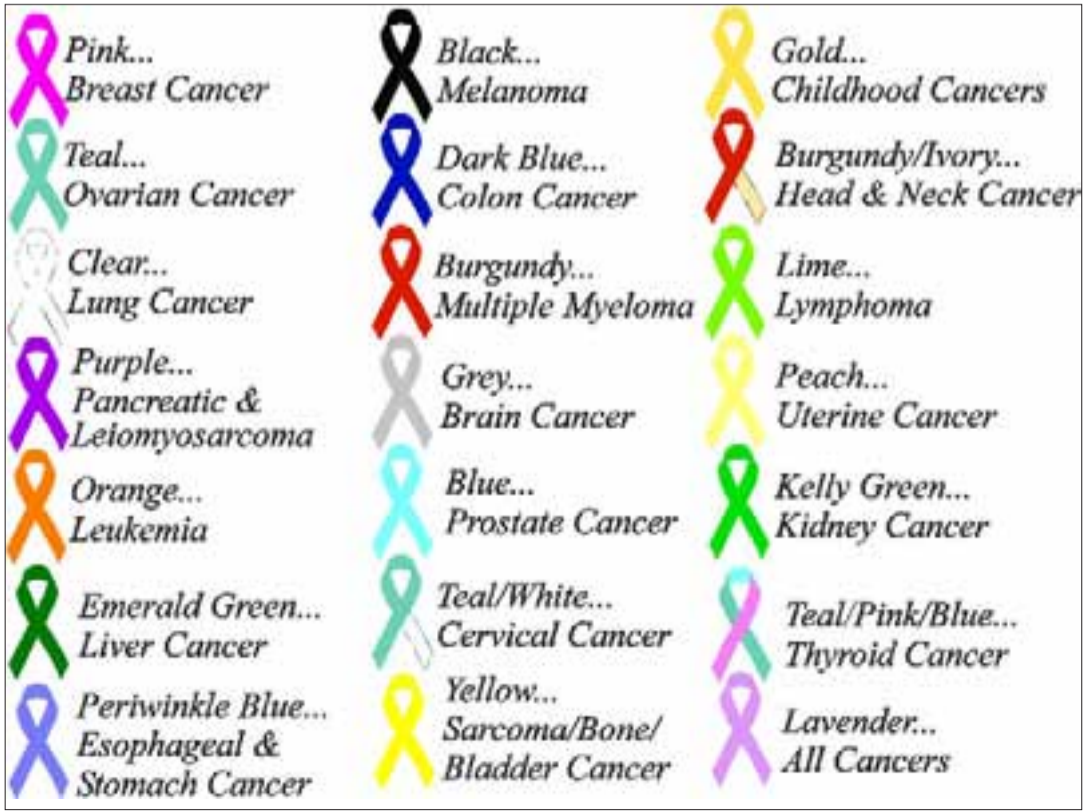
only **16.6%** of people survive lung cancer, making it the most dangerous cancer and the third most common

2,829,041 women are currently living with breast cancer in the U.S., making it the second most common cancer

1 in 6 men will develop prostate cancer, making it the most common cancer

Prevention TIPS

- Avoid tobacco use
- Avoid overexposure to ultraviolet radiation
- Cut down on fatty foods/eat five servings of fruits and vegetables a day
- Maintain a healthy weight
- Exercise
- Limit alcohol use



Courtesy photo



KNAPKE



CHAPMAN

Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to debate about with one of our fellow correspondents, please call us at 257-8837 or email hawaiimarineeditor@gmail.com. Suit up ladies and gentlemen ... it’s game time.

What’s better, single or married Marine life?

Cpl. Nathan Knapke VS. Sgt. Landon Chapman

Chapman is the S-4 training noncommissioned officer in charge for Headquarters Battalion. He volunteered to debate a topic for this weeks versus.

KNAPKE: There’s no doubt that being a single Marine is better than being married. Outside of the Marine Corps, the only person I have to worry about is myself. It’s great because when you get paid and you’re single, you can go party like there’s no tomorrow and not have to worry about supporting anyone else. You don’t have to pay for food because a meal card guarantees three square meals regardless of how broke you may be. When you’re married you can’t have as much fun because you are no longer the priority. Married life just sounds boring and uneventful. Your life is no longer yours, it’s given to your spouse and, or children. The only thing a single Marine thinks about when someone asks if you want to go to a concert is “who’s playing?” Married Marines with children have to find a babysitter, make sure both of them want to go and if the other doesn’t like who’s performing; whether it is alright to go anyway. While you stay married, I’ll be out doing literally whatever I want and having the time of my life doing it.

CHAPMAN: Just to start, married Marines don’t have to field day, there’s no officer of the day walking up to my front door to make sure that my house is properly secured. The OOD checks up to five or six rooms every night. The OOD doesn’t walk around base looking for houses to check and make sure they are living up to the standard. In the barracks, single Marines have to keep their rooms inspection ready at all times. Also, if during the

day I get a craving for a certain food, I can go home and cook whatever I want, instead of praying the chow hall prepared something I will like. For all you animal lovers out there, don’t expect to have any pets in the barracks. As a married Marine, I can have two pets if I choose to live on base. We also have the choice to live off base. I can have friends (male or female) over to drink whatever I want for however long I want. I don’t have to sign someone in to a logbook in order for him or her to be “allowed” to enter my house. These are just a few reasons why being married in the Marine Corps is way more convenient and relaxing than living in the barracks or single life.

KNAPKE: I don’t know what you’re talking about, but I think the chow hall has some great food. We have cooks preparing healthy and delicious food every day. I don’t think there are too many places you can eat that well for free. You can’t always go home for lunch if you live off base because it’s too far away and there isn’t enough time to go back and forth. Have you ever seen the traffic to get on base in the mornings when people are going to work? Several married Marines I know have to wake up earlier, wait in line at the base entrance and shower where they work all because they wanted to be married and live off base. There are obvious pros and cons to this situation, but there’s no shower at work and hopefully your wife or you can cook well.

CHAPMAN: I know you’re single and don’t know anything about the married life AKA awesomeness, but let me school you on how to make some extra coin. Besides my basic pay, I earn \$2,600 from basic allowance for housing and close to \$400 from basic allowance for subsistence. I don’t even have to spend all of that on housing and food. I can rent a small apartment or live in 802 housing, eat Top Ramen three meals a day and pocket the difference between the rate given and what I actually spend on rent and food. It doesn’t stop there, my cost of living allowance with a wife and two kids is \$987. If I lived on base and conserved energy, I earn a credit which can be issued back to me any time I choose. These are just a couple financial ways that being married absolutely trumps the single Marine life.

KNAPKE: While you have to worry about all these bills and payments for living somewhere, I don’t worry about any of that. I get a fully furnished studio apartment-sized place to live for no cost to me. I don’t worry about how much electricity I use or I can take an hour-long shower if I feel the need. The simplicity of a single Marines life outweighs any amount of extra money you could make. One thing you’re forgetting is that I don’t have a spouse to hold me back. I can deploy easier because I don’t have to worry about leaving a spouse behind. I can travel much easier since I don’t need to make sure my spouse can take off of work the same days as me. It doesn’t cost as much

to travel either. The single life is always entertaining and there is never a dull moment. To add to the excitement, we have the Single Marine & Sailor Program. You want to talk about the hook up, the SMSP has events for us all the time. Right when you think there isn’t anything going on, there are free events all over the Hawaii. You can’t deny there are just more advantages to being a single Marine.

CHAPMAN: I have a garage to park my car in so the clear coat won’t decide to start peeling off, I can paint my walls the color I want and choose the temperature in my house. Married Marines deploy as well, and we have someone to take care of our things. If I want privacy then I can just go to my room and shut the door. I will have one roommate and best friend for the rest of my life and I got to pick and choose that person. You can get stuck with anyone who could have any annoying habits and have to deal with it daily. I have a wife who helps me clean, you could be stranded with a roommate with poor cleaning habits and horrible hygiene. You’d have the advantage of smelling their nastiness in your small studio apartment together. Sounds like a great time ... not. I won’t get snatched up for a working party without a moments notice. Someone mows my grass and Forest City will maintain anything that breaks inside or outside my house. You need a reality check. Married Marines are happier, richer and without all the inconveniences of a single Marine.

HEALTH AND SPORTS BRIEFS

Try out for men’s varsity softball

No reservation is required for men’s varsity softball team tryouts scheduled through Feb. 28, from 5:30 to 7:30 p.m., at the Annex softball field, Wednesday and Friday evenings. The tryouts are open to active duty and Department of Defense personnel attached to Marine Corps Base Hawaii. For more information, call 254-7590.

Final shot at free enrollment in First Tee of Hawaii

Children who are 6 to 18 years old have one last chance to enroll in the First Tee of Hawaii program for free. The grant providing for free entry to children of military families expires Feb. 28. The First Tee of Hawaii program teaches children the principles of golf and life skills. To enroll, call Ken Zitz at 478-3466 or Kellan Anderson 599-0996.

Run in Rainbow Ekiden relay race

Runners worldwide are eligible for the Honolulu Rainbow Ekiden relay race, an ocean-view 5-kilometer course in Waikiki, March 8. Each team will run 15.5 miles. The race will feature teams of five runners, ages 12 and older. Both teams and individuals can participate. The course begins and ends on the ocean side of Kapiolani Park fronting Waikiki Beach, continues alongside Diamond Head. The entry fee deadline is Feb. 28. Teams can register online at www.active.com. For more information, visit www.honoluluekiden.com.

HITT for kids scheduled in March

The Semper Fit Center is hosting High Intensity Tactical Training for Kids, March 4 through 20, from 3 to 5 p.m. at the Semper Fit Center. The program

is a clinic designed to increase speed, quickness and agility in conjunction with youth sports. Children 5 to 9 years old meet Tuesdays and Thursdays from 3 to 3:45 p.m., and children 10 to 18 years old meet Tuesdays and Thursdays from 4 to 5 p.m. For more information, call Semper Fit at 254-7597.

SACC offers Prime for Life

The Prime for Life substance misuse education course is scheduled March 8 and 9 from 7:45 a.m. to 4:30 p.m. in building 279 on the third deck. Marine Corps Order 5300.17 requires Marines who have an alcohol/drug related incident to, at a minimum, attend PFL. A preliminary screening by a counselor at Substance Abuse Counseling Center is required prior to attending the course. For more information about the program, call Jon Barkley at 257-2464.

Camp Smith fitness center open

Stop by to tour the new Camp H.M. Smith fitness center. Hours of operation are Monday through Friday from 4:30 a.m. to 9 p.m. and Saturday to Sunday from 7:30 a.m. to 4:30 p.m. For more information, call 477-5197.

DSTRESS Line available

The DSTRESS line, available at 877-476-7734, is for active duty, reserve, veterans, retirees and their families, in the western U.S., Hawaii, and Alaska. Callers will speak with veteran Marines, former corpsmen, and other licensed behavioral health counselors trained in Marine Corps culture and ethos. The DSTRESS line is anonymous and available 24 hours a day. For more information about the line, visit <http://www.Dstressline.com>.

Managing children’s dental injuries

Navy Lt. Jeffrey M. Ashe
21st Dental Company

The best approach when dealing with pediatric dental injuries should always be prevention. But if you find yourself in this situation, a little knowledge can go a long way to ensure the best possible outcome.

First, you’ll want to know if the teeth involved are primary (baby) teeth or secondary (adult) teeth. Children are prone to dental injuries as soon as they begin to walk. Trips and falls can often result in different types of dental trauma.

A child’s adult teeth can be affected negatively by trauma before they even appear. Adult teeth begin to form in the bone of the jaws long before they erupt into the mouth. To prevent interference with adult tooth development, avulsed or “knocked out” baby teeth should never be replanted.

Another serious dental injury is intrusion, when the baby teeth are forced deeper into the gums upon impact. These injuries should be left alone and treated by a dentist immediately to prevent damage to the developing permanent successors.

All other injuries like chips, save the broken piece and luxations, teeth that have changed positions, should be treated by a dentist as soon as possible.

Trauma to permanent teeth is handled differently. The main objective is to keep and repair teeth that have suffered an injury because there is no replacement that will grow. Consult a dentist immediately after an accident takes place. If the tooth is knocked out, it is best to replant as soon as possible.

First, pick up the tooth by the enamel, the white part, and take care not to touch the

root. If the root is dirty, rinse it with cold tap water for about 10 seconds. Be sure that the sink is plugged to prevent the tooth from falling down the drain.

Hold the tooth in place, or have the child bite on a handkerchief on the way to the dentist. If the tooth cannot be replanted, it should be stored in milk, a salt solution, or saline. If these aren’t available, the tooth can be transported between the molars and the cheek.

If the child is too young or distraught, swallowing or choking on the tooth is a concern. In this case, you may want to have the child spit into a cup containing the tooth for transport. Avoid storage in water.

The prognosis is best if the tooth can be replanted within one hour of the injury. It is possible for teeth to be replanted beyond the one-hour window, though the patient’s long-term results may be affected.


Perhaps most importantly, remember to remain calm. Dental trauma is often accompanied by soft tissue injuries of the head and neck. These areas have a high density of superficial blood vessels, to put it simply, they bleed a lot. Do not be alarmed. Do your best to clean the associated areas of debris and apply pressure to help control any bleeding. Localized application of ice is also helpful.

For more information, visit www.iadt-dentaltrauma.org/for-patients.html. There is also a “Dental Trauma First Aid App” available for some smartphones.


This article was submitted by 21st Dental Company. Submissions to the Hawaii Marine may be sent to hawaiimarineditor@gmail.com no later than noon on the Friday prior to publication, for consideration.

Save your tooth


Most of your permanent teeth may be saved if you know what to do after a blow to the mouth




What to do if your tooth is **BROKEN**




1 Find the piece of the tooth




2 The piece can be glued on




3 For this to be possible, seek attention immediately from a dentist




What to do if your tooth is **KNOCKED OUT**




1 Find the tooth



2 Hold it by the crown




3 (Plug the sink) Rinse in cold tap water




4 FOLLOW ONE OF THESE ALTERNATIVES


a Put the tooth back in its place




b Place the tooth in a cup of milk or saline



c When milk is not available, place the tooth in the mouth between the cheeks and gums



5 Seek immediately specialized dental treatment, within a two hour time period







Photo courtesy of International Association of Dental Traumatology

COMMUNITY EVENTS AND VOLUNTEER OPPORTUNITIES

MCCS hosting Education Track

Education Track, a two-day seminar, is Feb. 20 and 21 from 8 a.m. to 4 p.m. in classroom G of building 220. The seminar prepares Marines and their spouses for a successful college career.

The seminar is open to all active duty and their spouses. The point of contact for active duty service members is the unit transition counselor, spouses may call 257-7790 for a seat. For more information, call Jeff Esposito or Lauren Harvey at 257-7790.

Register for spring youth camp

Registration for spring youth camp is scheduled from Monday through March 7 at Kulia Youth Center from 6 a.m. to 6 p.m. Spring camp will be held at the youth center from March 17 through 21. The theme of this year's spring camp will be Dr. Seuss, in honor of his birthday in March.

For more information, call Kathy Kim at 257-2030.

K-Bay Lanes hosts new season of Commander's Cup Bowling League

The Commander's Cup Bowling League starts Feb. 24 at 6 p.m. at K-Bay Lanes.

This 12-week league bowls at 6 p.m. every Monday starting from Feb. 24 through June 2. The league is open to the first 24 teams to sign up. For more information, call Elden Doi at 254-7664.

New Moms support group meeting Feb. 25

The New Moms support group will meet Feb. 25 from 10 a.m. to 1 p.m. at the super playground.

Be introduced to new moms and their babies on base and get support from the NPSP.

The group is open to all active duty, family members and Department of Defense civilians. (Suggested age: mom's with children newborn-12 months.) For more information, call the New Parent Support Program at 257-8803.

MCCS hosting PCS, Moving Workshop

The PCS and Moving Workshop is scheduled for Feb. 26 from 8 a.m. to noon at the Officers' Club in the Lanai Ballroom.

The workshop is designed to give an outbound member and families the information, resources, and tools needed to plan their move.

Open to all active duty service members and their spouses; three to four months prior to departing the island is highly recommended. Sign up is required. For more information, call the Relocation Assistance Program personnel, 254-7681.

Breast-feeding Support Group meets Feb. 26

The Breast-feeding Support Group will meet Feb. 26 from 10 a.m. to noon in building 216.

The group is facilitated by a certified lactation educator, and is open to all active duty, family members and Department of Defense civilians. Babies and expectant mothers welcomed. For more information, call the New Parent Support Program at 257-8803.

Baby-Toddler Clothing Swap at base chapel

The New Parent Support Program is hosting a clothing swap for families aboard Marine Corps Base Hawaii and is scheduled for Feb. 28 from 10 a.m. to noon at the Chaplain Joseph W. Estabrook Chapel.

Bring new or clean clothes sizes NB – 5 that no longer fit your children and for sizes your children need. The event is open to all active duty and eligible dependents. For more information, call the New Parent Support Program, 257-8803.

Education and Finance Expo occurs Feb. 28

The Education and Finance Expo will be held Feb. 28 from 10 a.m. to noon at Mokapu Mall.

The theme for this year's Military Saves Week is "Set a Goal, Make a Plan, Invest in Your Future." Visitors will have the opportunity to gain knowledge in saving, investment and smart consumer ideas from base, MCCS, state and nonprofit organizations.

Meet representatives from 20 on-base and visiting colleges. For more information, call the Education

Center and Personal Financial Management Programs, 257-2158/7783.

Calling volunteer spouses for JSC 2014

The Joint Spouses' Conference 2014 coordinators are seeking officer and enlisted Marine Corps and Navy spouses to volunteer for numerous tasks including catering, decorating and registration. The 2014 JSC will be hosted aboard Marine Corps Base Hawaii in September, providing a full day of workshops. For more information, email Missy at 5binos@earthlink.net.

Honolulu Festival needs volunteers

The 20th annual Honolulu Festival is seeking motivated volunteers to assist with various events and exhibits showcasing the cultural arts and performers of the Pacific Rim and Hawaii from March 7 through 9. The Honolulu Festival features events and performances at the Hawaii Convention Center, Waikiki Beach Walk and Ala Moana Center, including a relay race, parade and fireworks show over Waikiki Beach. The service of volunteers is needed for a wide range of activities and services, such as coordination support for visiting school groups, providing event schedule and information to visitors, and selling festival goods. Volunteers will also be needed to help build and march the Daijayama (fire-breathing dragon) float in the grand parade, and work at the ennichi corner (an activity area for children) at the Hawaii Convention Center. For more information, visit the "volunteers" section of the Honolulu Festival's website at www.honolulufestival.com/eng/volunteers.php.

Pacific Aviation Museum hosts Hangar Talk

Pacific Aviation Museum will be hosting its monthly Hangar Talk March 8 from 2 to 3 p.m. In commemoration of Women's History Month, the talk will feature author Donna Knaff, who will give a presentation about Women Air Force Service Pilots in World War II. For more information, call 441-1007.

Waikiki Hoolaulea scheduled in September

The 2014 Waikiki Hoolaulea is scheduled for Sept. 20, from 7 to 11 p.m., along Kalakaua Avenue between Lewers and Kapahulu Avenues.

Celebrating its 62nd year, the largest block party will kick off with the arrival of the Royal Court. The event has free admission and includes multiple stages of entertainment, lots of food, lei vendors and Hawaiian crafters will be spread along the world famous Kalakaua Avenue. For more information, call Paul Tomonari, the event chair, at 483-0730, or visit <http://alohafestivals.com/>.

St. Francis Healthcare System of Hawaii seeks volunteers

St. Francis Healthcare System of Hawaii is seeking volunteers to help in the adult day care program in Manoa Valley. Volunteers are needed Monday through Friday mornings and afternoons.

Training is provided. In the morning from 7 to 8:30 a.m., volunteers assist staff with various tasks including serving breakfast to participants and handing out newspapers, reading materials and puzzles. In the afternoon, from 3 to 4 p.m., volunteers oversee bingo and other games. Call Patty Martin at 547-8134 or email pmartin@stfrancishawaii.org, for more information.

Dogs on Deployment hosting competition

The nonprofit organization Dogs on Deployment is holding its annual Military Pet of the Year photo competition to find a new mascot for 2014. The top three finalists will be awarded prizes.

The mascot is an ambassador for their breed and is a shining example of responsible pet ownership. Contest entries for the Dogs on Deployment 2014 Military Pet of the Year and Mascot Competition may be submitted starting Saturday at 6 a.m. (all times are Eastern Standard Time) and accepted through Feb. 21 at 11:59 p.m. Winners will be announced March 2 at 12 p.m. All active duty, reservists and honorably discharged veterans are encouraged to enter their dog. For more information, visit <http://www.dogsondeployment.org>.

dogsondeployment.org.

Sign up for military scholarships

The Hickam Officers' Spouses Club is currently accepting scholarship applications from all college bound military family members such as high school seniors, current college students and spouses.

Military dependents from all branches of service are eligible. The deadline for applications is March 10. For more information, email the scholarship coordinator at scholarships@hickamosc.com. Scholarship applications are available to download at www.hickamosc.com.

Aloha Jewish Chapel offering services

The Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam is hosting Erev Shabbat services every Friday evening at 7:30 p.m. in building 1514. The chapel is just inside Makalapa gate, at the back of the parking lot facing the dental clinic. As the chapel is on base, anyone attending services must either have a valid military identification card or be accompanied on base with a military ID cardholder. For more information, call 473-3971.

Living Art Marine Center needs volunteers

The Living Art Marine Center is looking for volunteers. Sign up for a volunteer orientation day on the center's website. Tour the center, ask questions, and sign up to become a volunteer. The center is located at 3239 Ualena Street in Honolulu. For more information, call the Education Department at 841-8080, or visit the website at www.livingartmarinecenter.com/volunteer.htm.

Hawaii Nature Center looking for volunteer docents

The Hawaii Nature Center is looking for volunteer teaching docents. Teaching docents work with small groups of elementary school children (preschool to upper elementary) and gain experience in teaching various environmental education lessons.

Hands-on, one-on-one training will be provided to improve public speaking and teaching skills as well as expand knowledge about Hawaii's environment and natural history.

The opportunity takes place during the fall semester from September to December and the spring semester from January to May. For more information, call Pauline Kawamata at 955-0100, ext. 118 or email volunteer@hawaiinaturecenter.org.

Mrs. Hawaii 2014 pageant seeks candidates

Officials for the Mrs. Hawaii 2014 pageant are seeking candidates for the April 2014 competition in Honolulu. The competition encompasses an interview and showcasing a swimsuit and evening gown.

Mrs. Hawaii 2014 will win various prizes, including airfare and hotel accommodations at the Mrs. America 2014 Pageant. For more information, call Jack James at 386-8608 or email mrshawaiientry@outlook.com.



Bailey Gegg, 7, dives into the base pool during a springboard diving class Wednesday. Gegg has been attending the class for nearly a year and has competed in local meets with the team.

Diving in

Base class teaches children confidence, mental strength

Cpl. Sarah Dietz
Marine Corps Base Hawaii

Marine Corps Community Services is offering springboard diving lessons for children ages 7 through 13 who love to be in the water and are looking to advance beyond standard swim lessons at the base pool.

The class is taught by teachers and coaches from USA Diving.

The class teaches the children fundamentals of diving, and occasionally competes outside the base. The group has even competed at the University of Hawaii.

“I teach them fundamentals so that they are safe in using the boards for recreational purposes, they understand equipment and know how to use it properly,” said Leve Watson, teaching coach with USA Diving and instructor for the class. “I keep this in mind with our military kids: They are going to be here for a short period but we’ve got enough time to teach them some basic fundamentals, basic dives.”

Beyond the physical parts of diving, the sport teaches children discipline, facing their fears and patience.

There is a moment of hesitation or fear just before leaving the diving board. Watson said diving is a risk-taking sport, but teaches the children to control emotions and learn independence.

“They do experience emotions,” Watson said. “I don’t want to do this, I’m

really scared’ is an example of emotion. What we do is look at that as a learning moment for emotional intelligence. We take that moment, recognize it, talk about it and manage it.

“We always enforce, if there’s a moment that challenges your emotions, say it,” he added. “I want them to recognize what they feel and I want them to work and manage it.”

When mastering emotion and paying attention to details, Watson said the children will learn independence and confidence on the board as well daily life.

“The springboard diving program is actually for independent living skills at those ages,” Watson added. “We want them to be independent and self-reliant. They learn mental skills, they pay attention to the details and the order of the details.”

Bailey Gegg, a 7 year old who has been attending the class for nearly a year, learned of the sport when she was unable to enter the full swim class on base. Her mother, Libby Gegg, said the first time Bailey dove off of the board, she knew it was the right sport for her daughter.

“The first time she dove in, she had a big smile,” Libby said. “She loves being in the water. She is definitely driven and fearless. She was drawn to this sport.”

Watson credits his passion for the sport to his ex-wife, who was an Olympic diver in 1968.

“The first time I saw her, I liked her, the way the divers would carry themselves,”

he said. “I saw it in action, the emotional intelligence, the discipline, the order of doing things. I saw success in it. I saw living the moment, in the now. Diving is in the now. You don’t stop it, once you go, there’s no stopping it. That’s the rush, and kids run to it.”

When learning the sport, Watson takes safety seriously. He has students work on their technique at the edge of the pool before using the boards.

“With coach; safety is paramount,” Libby said. “He takes the kids aside to work separately if he sees a potentially dangerous situation. It makes me feel better.”



Nola Rivaldi, 7, pops out of the water after practicing a dive during a springboard diving class, Wednesday, at the base pool. The class is available to children ages 7 to 13.

MARINE CORPS TEAM CHOSEN FOR HAWAII ALL-MILITARY BOWLING TOURNAMENT




Kristen Wong | Hawaii Marine

The members of the Marine Corps team competing in the 2014 Hawaii All-Military Bowling Tournament pose during a photo opportunity at K-Bay Lanes, Feb. 6. Candidates attended tryouts throughout January at K-Bay Lanes. The highest scoring six male players and one alternate were chosen, along with the highest scoring five female players with one alternate. During the 17th annual Hawaii All-Military Bowling Tournament, teams representing four military branches, retirees, reservists, National and Air Guard will compete in six games a day, from April 1 through April 4, at Hickam Bowling Center, K-Bay Lanes, Pearl Harbor Bowling Center and Schofield Bowling Center. Tournament categories include mixed doubles, doubles, singles and team. Trophies will be presented to the top six men, top four women, one male and female top all-events winner, and one male and female with the high game for the tournament.

(Back row, from left to right): Mark Gleason, Jonathan Mancini, Brad Rehrig, Donald Jones, Chris Muni, Blake Fracassi and Brandon Holtmeyer. (Front row, from left to right:) Julia Martin, Christina Henderson, Terri Rehrig, Irene Kukino and Jill Chenoweth.

ENVIRONMENTAL CORNER




Oceans and oil

Did you know that most of the oil spilled in our oceans comes from small spill sources such as our cars, boats and highways rather than major tanker accidents? At Marine Corps Base Hawaii Kaneohe Bay, there’s a potential for both small and large oil or fuel spills. As a result, we have protective measures firmly in place to prevent spills and to respond quickly in case of emergencies.

As stewards of the natural and cultural resources of this Mokapu Peninsula and the surrounding waters of Kaneohe Bay, MCB Hawaii takes this responsibility seriously. You may or may not be an emergency responder, but you and I still play a vital role in keeping our oceans clean. At work, home, and at play, please take personal responsibility to protect our environment and prevent oil spills.

In case of an oil spill emergency aboard MCB Hawaii, dial 257-9111 or 9-1-1 from a base telephone. This connects you with MCBH Provost Marshal’s Office emergency line. They will take your call and quickly notify emergency responders.



Cpl. Nathan Knapke | Marine Corps Base Hawaii

Hawaii Marine Lifestyles

Monica Morales listens to instructions from Capt. Justin Campbell, the operations officer of Marine Aviation Training Support Squadron, before trying out the AH-1W Super Cobra flight simulator, Wednesday.

A MAG-nificent day

Photos by Kristen Wong | Hawaii Marine

Kristen Wong
Hawaii Marine

Marine Aircraft Group 24 service members and family members attended their inaugural “A Day in the Boots of a MAG-nificent Marine and Sailor” event at numerous locations aboard Marine Corps Air Station Kaneohe Bay and Marine Corps Base Hawaii, Wednesday.

Family members toured various facilities and learned the inner workings of Marine Light Attack Helicopter Squadron 367, Marine Aviation Logistics Squadron 24, Marine Heavy Helicopter Squadron 463 and Marine Wing Support Detachment 24, all of which fall under MAG-24. The event gave family members a glimpse of a regular workday for MAG-24 Marines and sailors.

“The intent of this event is three-fold — to highlight what the Marines and sailors do to support their own unit’s mission, to show how the units within MAG-24 support each other, and to understand how everyone works toward the overall mission of the MAG,” said Louise Yeager, the family readiness officer for MAG-24. “‘A Day in the Boots of a MAG-nificent Marine and Sailor’ is also a wonderful opportunity to build up our community of spouses. The link between unit readiness, personal (and) family readiness will become more apparent, and (family members) will walk away all the more proud of (their) Marine or sailor.”

On Wednesday morning, MAG-24 spouses and relatives gathered at a canopy between Hangars 101 and 102, and were provided with nametags and small refreshments.

The event began like a typical workday for many MAG-24 service members — with a foreign object damage walk. Every morning, service members must conduct a FOD walk to ensure there are no foreign objects on the flight line that could damage the aircraft. Members of HMH-463 directed the family members to form a straight line across the flight line, and walk forward slowly, in search of any loose objects from trash to stray aircraft pieces. Several family members found surprise gifts during the FOD walk, like a Pegasus charm bracelet.

After the FOD walk, they regrouped at the canopies for remarks from Col. Paul Fortunato, the commanding officer of MAG-24.

“How do we all work together?” Fortunato asked. “How does MWSD support Scarface? How does MAG-24 (headquarters) support everybody? It’s a great team effort (and we want to build) an appreciation for that. Just like any other family readiness type of event, we want to keep building on that sense of community. Having a little event like this will help you meet somebody new, strengthen a friendship that you may already have or learn something new.”

Fortunato thanked the participants for attending and the volunteers for setting up the event. The event leaders divided the group in two, with family members from various MAG-24 units intermingling with each other.

“We want to mix it up,” Fortunato said.

“(Attendees can meet) new people, see how we all integrate, see how we all work together. (The lead escorts will) get the groups formed up (and) get you started on what will hopefully be a fun and enjoyable, educational day.”

Both groups started their tours in separate locations and rotated.

In Hangar 101, HMLA-367 Marines showed family members the parts of a UH-1Y Huey and an AH-1W Super Cobra. Maj. Peter Keogh, the assistant aviation maintenance officer of HMLA-367, gave an overview of the daily tasks of the Scarface Marines. Keogh also showed the group types of equipment such as helmets and survival vests.

Among other facilities, the groups visited Hangar 375, where MALS-24 departments operate. Family members learned about the different divisions within MALS-24, such as the 700 Division, which is the ordnance department, and 900 Division, which works with support equipment. They also stopped at the MAG-24 headquarters building.

In the afternoon, MWSD-24 explained the procedures involved in landing and refueling an aircraft,

showing them different types of equipment. The families also received a brief lesson and a simulated-flying experience in the CH-53E Super Stallion and AH-1W Super Cobra flight simulators at building 6789.

“I really wanted to fly in the Cobra,” said Monica Morales, a Scarface spouse from Santa Paula, Calif. “That was my favorite part of the day. It was exciting but more technical than I thought.”

Morales said it was fun learning about the different units and “just to have the feeling” of “an average day for a Marine (or sailor)” at events like these is beneficial to the spouses. She complimented the coordinators for their efforts in putting the event together.

“It was really heartwarming to hear all the positive feedback from the spouses,” said Sarah Fortunato, spouse of the MAG-24 commanding officer. “One said how she appreciated how everyone works together while another commented that through the event she learned about all the preparation that goes into getting a helicopter ready for flight. Events like these bring us spouses together.”



Maj. Peter Keogh, the assistant aviation maintenance officer of Marine Light Attack Helicopter Squadron 367, describes HMLA-367 operations to family members, Wednesday.



Family members of Marine Aircraft Group 24 units perform a foreign object damage walk on the flight line during the “A Day in the Boots of a MAG-nificent Marine and Sailor” event, Wednesday.

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic

Lance Cpl. Suzanna Knotts loves a variety of movies, as long as the characters are well developed and the storyline is intriguing. If a movie is like a good book, she will mostly likely be hooked. She also enjoys thought-provoking films that you sometimes have to watch again to really wrap your head around. However, slapstick comedy, bombs and blood are among her repertoire as well. It really just depends on her mood.

Fugitive love captures attention on screen

Lance Cpl. Suzanna Knotts
Marine Corps Base Hawaii

When I think of Labor Day, I think of the unofficial end of summer and the last barbecue of the season. In the drama film “Labor Day,” starring Kate Winslet and Josh Brolin, the holiday represents a four-day break in which lives are changed forever.

The story is told through 13-year-old Gattlin Griffith’s (Henry Wheeler) perspective, the only child of his single mother Adele (Winslet). After Gattlin makes it clear to the audience that his mother has been struggling with anxiety issues since his parents’ divorce, he reveals that he has a strong sense of responsibility for her welfare, even though he can’t completely provide for her.

While the mother and son team visit the local superstore, they experience a chance encounter with Frank Chambers (Brolin). Frank, suffering from a recent wound, pulls Gattlin aside and explains he needs help. When Gattlin introduces Frank to Adele, Frank makes it clear that he won’t accept “no” for an answer by gripping Gattlin’s neck.

Adele listens to Frank and takes him to her house after he orders her to drive there. Upon their arrival, a television report reveals that a convict escaped from prison, and the sketch looks like Frank. Frank informs them that he is indeed the man the police are looking for. He tells them his plan is to rest his wounded leg and leave the next day. He ties Adele to a chair, cooks dinner for everyone and spoon-feeds Adele.

In the morning, his plan to leave falls through. He cooks again for the family, and it’s clear to both Gattlin and Adele that this wanted man has a soft spot, and their fear of him subsides.

He decides that he must stay longer than expected, but no longer ties up Adele. Frank begins cleaning their

house, fixing their car and making household repairs. Over the extended weekend, Gattlin notices a shift in his mother’s interactions with Frank. Even in the most unlikely of circumstances, it’s apparent that they are developing a relationship.

The film is an emotional ride, as it reveals pasts that are hard to overcome. It seems both Frank and Adele are broken people, and ultimately finding each other becomes their chance at healing. As Gattlin comes to age throughout the film, he realizes he couldn’t provide what his mother needed in order for her to move on. Frank was her destiny, and I found myself wanting to see them survive their difficult journey.

Beyond the film pulling on heartstrings, it represented a life story that successfully captured the moment, making me feel as if I was watching their lives unfold in real time. The writing and direction were well blended, possibly because the screenplay writer and director were the same man, Jason Reitman. I never once thought there was an issue with the film dragging. The transitions were smooth and the attention to detail was on point.

Winslet and Brolin are a perfect choice as star-crossed lovers. Winslet’s anxiety was palpable; I felt anxious for her character as she played a mother struggling to cope throughout the film. Brolin played the strong, convincing male figure well, but his ability to easily display his character’s yielding qualities made it easy to understand why Adele was able to fall in love so quickly with him. He eased her anxiety while she helped him learn to love again.

Winslet’s acting stood out among the rest, and was by far the best element



of the film. I wasn’t surprised to learn that Winslet was nominated for best actress in a motion picture for this year’s Golden Globe Awards because of her performance as Adele.

That being said, I think the movie

was an overall hit. I tried to think of something I didn’t like about it and I couldn’t come up with anything. If you are interested in an award nominated film with depth and meaning, “Labor Day” shouldn’t be missed.

Prices: All shows are \$4.25 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.

“Saving Mr. Banks” PG-13 Today | 6:30 p.m.

“American Hustle” R Today | 9:15 p.m.

“The Legend of Hercules” (in 3-D) PG-13 Saturday | 6:30 p.m.

“Lone Survivor” R Saturday | 9:15 p.m.

“The Secret Life of Walter Mitty” PG Sunday | 2 p.m.

“Paranormal Activity: The Marked Ones” R Sunday | 6:30 p.m.

“August: Osage County” R Wednesday | 6:30 p.m.

First Lady of the Marine Corps updates recommended reading list

Press Release

Headquarters Marine Corps

QUANTICO, Va. — In the spring of 2012, Mrs. Bonnie Amos, spouse of the Commandant of the Marine Corps, Gen. James F. Amos, established “The First Lady of the Marine Corps Recommended Reading List.”

This project was designed to provide military spouses with resources specific to understanding and adapting to the challenges presented in the life of military service. The list is a relevant, flexible, and useful tool for military families.

As our families’ needs change, so will the list. Therefore, we announce the updated First Lady of the Marine Corps recommended reading list.

There were several events scheduled to promote the reading list and its authors. Amos appeared with two authors featured on the list, Mollie Gross and Shunsee Wilson, at Marine Corps Exchange Miramar, Thursday. The new titles from the 2014 updated list are in stores now, although not all titles are available at all MCX locations.

Marine Corps libraries are also adding the books to their collections. Requests for larger quantities of books for clubs or organizations should be addressed with the local MCX store manager.

First Lady of the Marine Corps Recommended Reading List:

For Spouses:

- “Confessions of a Military Wife” by Mollie Gross
- “Life After Deployment” by Karen Pavlicin
- “I’m Already Home...Again” by Elaine Gray Dumler
- “Military Spouse Journey” by Kathie Hightower And Holly Scherer
- “Service Etiquette” (5th Edition) by Cherlynn Conetsco And Anna Hart
- “1001 Things to Love About Military Life” by Tara Crooks, Starlett Henderson, Kathie Hightower And Holly Scherer
- “Dinner With the Smileys” by Sarah Smiley
- “Successful Women Think Differently” by Valorie Burton
- “The 5 Love Languages – Military Edition” by Gary Chapman And Jocelyn Green
- “Wounded Warrior, Wounded Home” by Marshelle Carter Waddell And Kelly K. Orr
- “A Family’s Guide To The Military For Dummies” by Sheryl Garrett And Sue Hoppin
- “Heroes At Home (3rd Edition)” by Ellie Kay
- “The Military Spouses Employment Guide” By Janet Farley
- “Thinner This Year” by Chris Crowley And Jen Sacheck

For Children:

- “Mommy Wears A Uniform” by Shunsee Wilson
- “My Daddy Is A Marine” by Alia Reese
- “Uncle Sam Kids: Moving Again Mom” by Angela Sportelli-Rehak
- “Oh The Places You Will Go” by Dr. Seuss
- “Our Daddy Is Invincible!” by Shannon Maxwell And Liza Biggers
- “The Kissing Hand” by Audrey Penn



Lance Cpl. Tabitha Bartley | Marine Corps Base Quantico

Sarah Malina, a military spouse, and her daughter Charlotte, 7 months old, wait as Bonnie Amos, wife of the Commandant of the Marine Corps Gen. James F. Amos, signs their book during the book signing for the “First Lady of the Marine Corps’ Recommend Reading List,” at the Marine Corps Main Exchange, Oct. 20, 2012. Amos recently updated her reading list to include several newly available titles.